THE SOURCE

July, 1985 Volume I, Issue 7

Photo by Marlene

PIKES PEAK REGION WINS 2 TROPHIES
"LARGEST MARCHING UNIT"
"BEST OUT OF TOWN FLOAT"

LETTERS TO THE EDITOR

Dear Editor,
I just wanted to thank all of the people who put the time and effort into making this years Gay Pride Week as much fun as it was. I was one of the many people who took advantage of everything the community had to offer and I know all of these events took a lot of planning and hard work. Job well done!
David A.

Dear Dave,
Thank you for the letter, the people who invested the time and energy in every thing that happened during Gay Pride Week deserve to hear it.
Editor

DEADLINES FOR COPY AND ADVERTISING

Attention-If you have an article you would like to have printed or an ad you would like to run... we have a deadline. This deadline is set so that we have the time, to do justice to printing the paper, before it is due out on the 5th. The deadline date for all copy is the 25th and there can be no exceptions. So please, if you have to get it in the paper, get it in to us by this date or we will not be able to print it.
Thank You, The Editor

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THE DENVER GAY PRIDE PARADE

Not one, but two. That's right, count em, TWO big trophies were won by the Pikes Peak Region gay community for their efforts in the Denver Gay Pride Parade. First there was the trophy for the "Largest Marching Unit." A far cry from the 25 people who marched in last years parade, this year there were close to 200 people marching, cheering and having a good time.
And why shouldn't they? This year for the first time they got to march behind a float and banner representing the Pikes Peak Region. Not just any float mind you but the float that won (thanks to the very small float committee) for the "Best Out Of Town Float."
All in all it was the perfect ending for a perfect week of celebrating Gay Pride in Colorado Springs.

GAY HOLOCAUST MONUMENT DEDICATED

In Hamburg, West Germany, A pink granite monument dedicated to gays killed in Nazi concentration camps was unveiled May 12 at the site of the Neuengamme camp, reports United Press International. The monument, apparently the first ever dedicated only to gays, was placed by the Indipendent Alternative Homosexuals, and bears the inscription "Dedicated to the Homosexual Victims of National Socialism. 1985."
Gay activist Morris Knight said oblisks erected at all 137 concentration camp sites by the Allies at the end of the war include many insignias that victims wore designating their category, but that only four included the pink triangle which gays were forced to wear. *Out Front*

ONE GIANT STEP FOR COLORADO SPRINGS

By Harry Staub
The first annual Block Party sponsored by the Helpline was held on June 22 and broke attendance records for Colorado Springs.
Starting at 10 am., the crowd didn't start coming in until almost 1:00. Most people once they got there though, stayed right thru till the end despite the high temperature and lack of shade. The Annex was offering various gay movies throughout the day and the crowd was able to bounce back and forth between the bar and the party to get out of the heat.
Both the bands that were there are to be congratulated on the fine performances they gave and a special thanks for doing so out in the open in support of our community. It took a special effort to stand out in that blazing sun and put out the kind of energy they did.
Many thanks to the business's who showed their support by having booths and to those who donated items to be auctioned off, it could not have been done without you. The money raised by this event will be donated to the Community Center, by the Helpline and the cooridinaror (Allan Wakefield) will request that some of it be used by the Board of Directors to have a second phone line installed in the Helpline office.
Plans for next years Block Party are already being discussed with special emphasis on making it more comfortable for everyone involved. To everyone who showed up and made it the kind of day the volunteers had hoped for (far too many to mention) THANK YOU.

HIGH SCHOOL OPENS FOR GAY STUDENTS

Mayor Koch endorses school's plan

New York-A public school program for homosexual high school students - named after slain San Francisco city supervisor and gay rights activist Harvey Milk-has opened in a Greenwich Village church.

Schools Chancellor Nathan Quinones Thursday defended the program, saying the "abused" homosexual students "would be cruising the West Side of Manhattan to get money or attention" without it.

"Life in their prior schools was virtually impossible," Quinones said during a news conference. "Our responsibility is to meet the needs of these youngsters, to see that they receive a high school education."

The program has 20 students-14 boys and six girls, ranging in age from 14 to 19.

It began April 1 at the Washington Square Methodist Church.

Quinones insisted the program was not a separate high school but simply "one of 50 to 60" off-site programs similar to those available to jailed or pregnant youngsters or other "troubled" youths.

"These people have been abused," Quinones said, "in many instances by their families and by their peers in school."

Quinones drew support from Mayor Ed Koch, who said the program was "an educational decision which makes sense".

Koch said it has always been his position not to "segregate or discriminate" and he was initially concerned that the homosexual program might "sort of violate the general feeling that you don't do that. On the other hand we do, when it comes to children and dealing with their particular problems."

But Sandra Geldman, executive director of the United Fedration of Teachers, was critical of what she said "sounds like a segregated school to me."

"These kids need a sympathetic environment," said Feldman, "but it's hard for us to believe the only support service they have is segregated. I'm not sure we're doing them a favor."

Steve Ashkinazy, program director of the Institute for the Protection of Lesbian and Gay Youth, which operates the program with the city, said he does not support segregation.

FUTURE OF THE HELPLINE

By Allan Wakefield

Well I am proud to announce, that the Block Party will have made enough funds to have an additional phone installed.This is necessary, in the event of a crisis call, we will be able to call out for assistance without leaving the caller unattended.

We are also expanding our hours and will be having a stronger training program, which everyone will benefit from. Because of this, we would like to reach out to all the night shift people to help us fill some hours during the morning and afternoon shifts. We are finding that the line is busy enough during these time slots that we should have it covered. If you can help us to help others please call 471-4Gay.

I would also like to take this opportunity to thank the entire community. The merchants in particular were very generous and I hope those of you that had the opportunity to attend the Block Party will remember our Small Gay World when out shopping .

THANKS FOR THE SHOW OF UNITY!

PRIDE PICNIC IN THE PARK

By Harry Staub

Well folks, if you missed this one you missed one of the more enjoyable events of the week. Attended by about 70 people the Network Pride Picnic in the Park held on June 16th, was great. Along with the fun run, barbecue, softball and volleyball games, the people who were there were treated to great weather, the V.C.R. raffle and best of all...each other's company.

This was the second year for the picnic and it has already been announced that there will be another next year.

Special thanks to Conny Seay, Dan Craig and the many others who did the cooking, cleaning and organizing and gave so many of us the chance to show some Pride and enjoy the great outdoors at the same time.

BOARD ELECTIONS-COMING UP

By Harry Staub

To those of you out there who are still not aware of it: the Colorado Springs gay community has a Community Center. This center and all of the events coordinated thru it is goverened by the Board of Directors. The Board is made up of the President (Joe Brady), Vice President (Tim Symons), Treasurer/Secretary (Bob Armintor), Helpline Coordinator (Allan Wakefield), Speakers Bureau Spokesperson (Roger Webb) and the editor of Gayspeak (Paul Kutche). In September all of these positions will be up for election and the only way you can vote is if you are a member of the Community Center (which you should be anyway).

The Source is making an offer to anyone interested in running for a position on the board. Let the people know what your views are. Let them know why you're running. Most of all, let them know what you're going to do for them.

Keep an eye out for the August issue, meet the candidates and get involved. The Community Center represents all of us and it could be doing an even better job with your support.

"TOO HOT FOR BROADWAY"

By Marlene Johnson

What a surprise! After attending last year's performance by The Denver Gay Men's Chorus (sponsored by the Community Center during Gay Pride Week), and believing that this year's could not be any better...I was wrong. What I expected was an enjoyable evening out, listening to the Chorus and leaving with the same good feelings I'd had the year before.

I got that --and more. They not only did an excellent job with all the songs they sang, but also added a few touches that rounded off the evening completely.

The dance routines done during "Aggies Song" and "If They Could See Me Now", were only two of the evening's highlights, and must have been rather difficult to perform (you'd never have known it), considering the size of the stage. Add to this the great sense of humor and timing exhibited during "Girl Talk", and you begin to realize that The Denver Gay Men's Chorus does much more than sing. What they do is entertain, and they do it well.

Anyone interested in seeing a longer version of this show, can do so when the Chorus performs it at The Turn of the Century Theater in Denver on July 7th at 6:30 pm. Tickest will be on sale for $12, $10, & $7.

CORONATION '85

By Harry Staub

The Imperial Court of Southern Colorado really knows how to put on a show. The theme "Hooray for Hollywood" was enjoyed by the audience as well as the court with the spectators showing up in early Hollywood style costumes.

Bob and Lois (past Emperor and Empress) received their court in the midst of a beautiful set designed by Dennis Lujhan and looked especially good during Scene II.

Starting out a little slow the evening did pick up during the second scene and once the local entertainers started doing their shows everyone had a good time.

Some of the highlights of the evenings shows were the acts done by Barb, Lois, Tim and Bubblez. The hometown entertainers were definetly the best of the show.

The awards and contributions made to various groups and organizations in the community are far too many to mention but suffice it to say the Court is very generous to others when it comes to most of their functions.

As with most Hollywood productions this one had a happy ending with the crowning of the new Emperor and Empress (David G. and Kelly) and Rusty winning B.O.A.

Both David and Kelly have expressed a desire to see the Court become more involved with the Community during their reigns and David has extended an offer for the various support groups to send someone to sit in on their board meetings while Kelly is already planning various events to be co-sponsored by the Court and other organizations.

Good Luck to both of you and here's hoping this year proves to be as constructive as you both want it to be.

2 NEW NITE SPOTS

By Harry Staub

Get ready Colorado Springs, Joe Brady (owner of the Hide & Seek Complex, Annex and the Hide & Seek of Pueblo) is on the move again and this time he'll be opening two new concepts to the Colorado Springs area. The first and most needed will be the 2735 Club which will be located at (you guessed it) 2735 E. Yampa. Not just another bar, this will be the areas first gay restaurant and womens bar combined and both are long overdue.

The restaurant section will be open between 5 and 9 Wed. thru Sat. and will feature daily specials. Sunday's hours are between noon and 5 and will be featuring a BRUNCH menu.

The womens bar will be open Wed. thru Sat. from 5pm. to 2am. and on Sundays until midnight. A $1.00 cover (with a card) will get you in and entertain you all night long. Dance music and the same drink prices as the Hide & Seek along with a Happy Hour between 5 & 7 pm. are three good reasons to drop by and say hello.

Along with these changes will be the transformance of the Now Women bar (located downstairs at the Hide & Seek) into the areas first gay Country and Levi Bar. The bar (not named at this time) will be open on Fri. and Sat. nites only between 7pm. and 2am. A stand up cruise bar, there will be no tables or chairs and will feature Country and Western music.

GAY HISTORY QUESTION

What famous football player became the first professional athlete to tell the world that he is a homosexual and what team did he play for.

Maranatha MCC

JULY 21st

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Author of

"But Lord They're Gay"

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"PRIDE" MEANS A LOT TO CITY IN CALIFORNIA

WEST HOLLYWOOD, CALIF. (AP)-Across the country, gay and lesbian organizations have chosen June as Gay Pride Month, but nowhere does it mean more than in this young city of 35,000 souls-a third of them homosexuals.

Their own Gay Pride Parade today will celebrate six months of cityhood and a blitz of new laws favoring the rights of gays, renters and senior citizens.

Since West Hollywood seceded from Los Angeles County in an election six months ago, attention has focused heavily on its lesbian mayor, Valerie Terringo, who admits she has become "a kind of folk hero" to gays in less hospitable areas.

"It's almost embarrasing," she says. "I walk into a room and they give me three standing ovations, and I don't know what to do."

The demand for Terrigno, 31, and two other openly gay council members as speakers at functions far from California has increased each week since they assumed office. All have accepted paid speaking engagements to augment their $400 a month salaries.

"I think there's a lot of respect for us," says Terigno. "Elected officials come to see me and they write letters. They ask to see our ordinances. They're looking at what we're doing."

She says others have set out to emulate west Hollywood's trailblazing laws. She notes that West Hollywood voted to forbid business relationships with firms having financial ties to South Africa one week before Mayor Tom Bradley of west Hollywood's giant neighbor, Los Angeles, made a similar announcement.

Terrigno's pet project is beautification to make West Hollywood and an attractive shopping and dining center, thus increasing city income from sales and hotel taxes. *Gazette*

Pikes Peak Gay *Community* Center

"Community" is the key word

For Membership Info. Call 471-4GAY

THE TRAVEL SOURCE PRESENTS

The Hunter Creek Camp-Out and Picnic in Aspen, Colorado

July 12, 13, 14

Gays and lesbians from all over the state will be there for this annual event sponsored by the Aspen Gay Community Center.

Meet at the Community Center Friday, July 12 at 5:30, get in a van and let us take care of the driving. Return Sunday afternoon, July 14.

Get all of your equipment (with instructions) to us by Wednesday, July 10, and we will set it up for you and have camp ready when you arrive Friday night. (*You take it down Sunday).*

We provide: Dinner Friday night, breakfast, lunch and dinner Saturday, breakfast Sunday.

Reservations by July 8th.

August 10th - White Water Rafting on the Arkansas River

August 24th, - A Gay Day at Elitches (unlimited rides)

For Further Information Call Michelle at 574-6071 or 473-4923

HOMOSEXUAL MINISTER REAPPOINTED

Denver-The Denver-area bishop of the United Methodist Church has reappointed the Rev. Julian Rush, an acknowledged homosexual, to the staff of a Denver church. despite a longtime controversy over Rush's status. bishop roy sano reappointed Rush to the staff of St. Paul's United Methodist Church on Tuesday night, apparently ignoring a ruling last year by the 9.4-million-member denomination barring self-avowed, practicing homosexuals from being ordained or appointed to church jobs.

WHAT DO YOU MEAN, THERE'S NOTHING TO DO?

There's a new company in town and it's the kind of company that everyone can have a lot of FUN with. Called the Travel Source, it was set up by Michelle Abdill (formerly of Mann's Travel Agency, now with Shamrock Travel Service Inc.) and the Source and it caters to the lesbian and gay communities thirst for lesiure activities. Working under the principal that most activities can be done a whole lot cheaper if done in a group and realizing that most of us are pretty particular about what kind of groups we travel in...The Travel Source. So if youre looking for a little extra excitement and the idea of getting away from it all for awhile appeals to you, give us a call at 574-6071 or send for our free brochure at P.O. Box 212, 3624 Citadel Dr. N., Colorado Springs, CO 80909.

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HUNTER CREEK PICNIC

The Aspen Gay Community Center is sponsoring it's 10th annual Hunter Creek Picnic on July 12 and gay people from out of state and all over Colorado will attend. Billed as a picnic people are also welcome to spend Friday and Saturday night camping out.

Some things suggested to bring include: camping equipment, sun tan lotion, board games and insect repellent. The Community Center is hoping to supply transportation from Aspen to the Hunter Creek site between noon and 3:00 pm. the day of the picnic.

If you enjoy camping, this is the perfect chance to visit Aspen and meet some new people at the same time.

For more information on the picnic-campout feel free to contact the Aspen Gay Community Center at 925-9249, evenings.

JAZZ CONCERTS PLANNED

A series of free evening jazz concerts is scheduled in Acacia, Bancroft and Antlers parks throughout the summer. Performances start at 7 p.m.

Bill Freeman will open the series June 26 in Acacia Park. Other concerts include "Just Friends" July 17 in Acacia Park, "Changing Times" July 31 in Bancroft Park, "The Cardozas" Aug. 14 in Acacia Park and "The Springs City Jazz Band" Sept. 4 in Antlers Park.

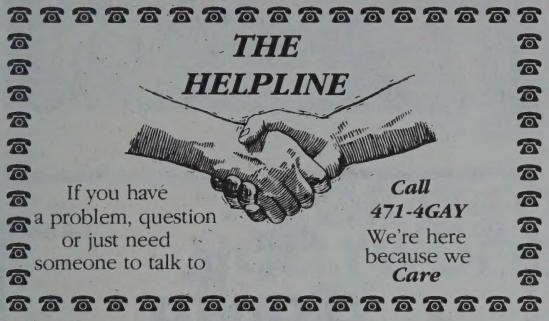
The Jazz Concert Series is sponsored by the Pikes Peak Jazz and Swing Society, the Colorado National Bank Exchange and the Colorado Springs Park and Recreation Department.

For more information, call 578-6652 or 578-6640.

Gazette

ANSWER TO GAY HISTORY QUESTION

David Kopay and he played on the Forty-Niners, Lions and Redskins.



LAUGH LINES

Summertime and Softball go together! I overheard a new ball player saying to the coach "Centerfielder? I thought you said centerfolder!"

CHURCH REJECTS BAN ON GAY MINISTERS

South Hadley, Mass.-The state's United Church of Christ has rejected a resolution that would have barred homosexuals from ordination. There is no known gay candidates for ordination in the state's largest and oldest Protestant denomination, said Rev. Alfred E. Williams, president of the church descended from the Puritans and Pilgrims.

The 1,000 delegates at the conference also overwhelmingly defeated another part of the same resolution, which would have classified homosexuals and bisexuals as "sick." *Gazette*

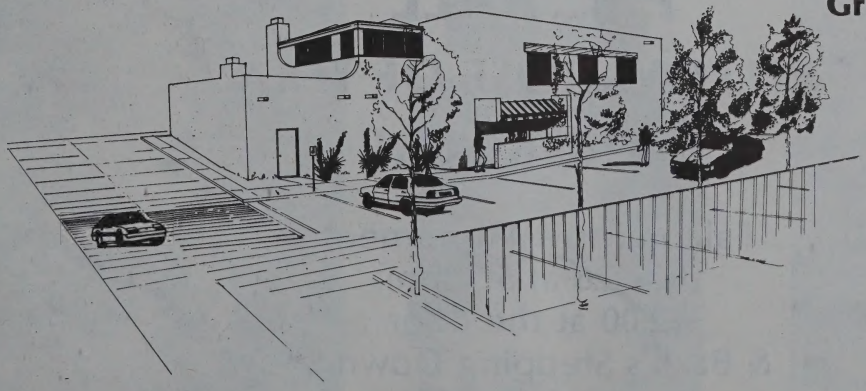
FDA GIVES TENTATIVE OK TO AIDS DRUG

WASHINGTON-The Food and Drug Administration said it will allow a California pharmaceutical company to provide an experimental drug to any AIDS victims whose doctors ask for it, but company officials said they have not yet agreed to such a plan.

The FDA, in an internal advisory, said it had agreed to let Newport Pharmaceuticals of Newport Beach, Calif., conduct a "compassionate-use protocol" that would allow the drug Isoprinosine to be distributed, at the request of a doctor, to individual AIDS patients. Sales would have to be at cost; no profit could be made.*Gazette*

COME SEE THE BEST NEW-OLD BAR IN THE ROCKY MOUNTAIN REGION!

THREE LEVELS OF FUN, GAMES AND EXCITEMENT



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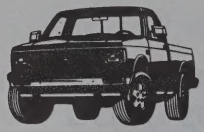

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Jeff & Barb's Stepping Down Show

Photo by Dan Ames

"HOORAY FOR HOLLYWOOD"

CORONATION '85

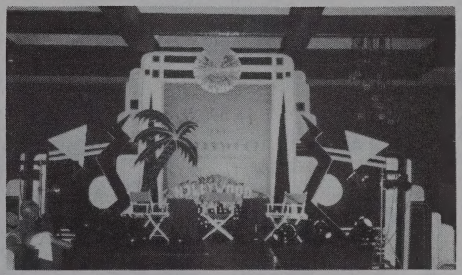
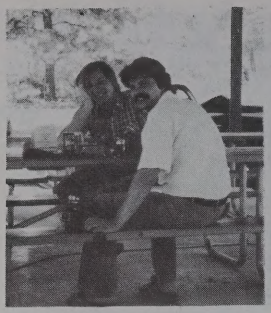
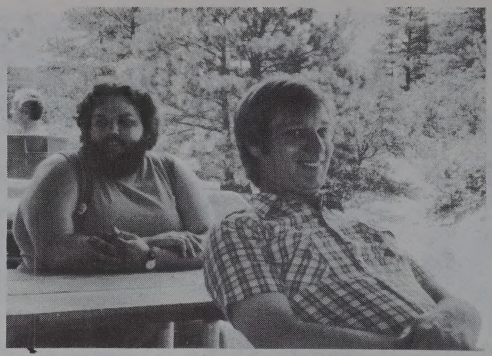
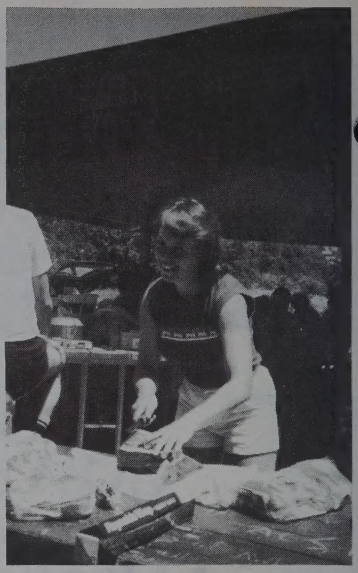


Photo by Michelle Abdill

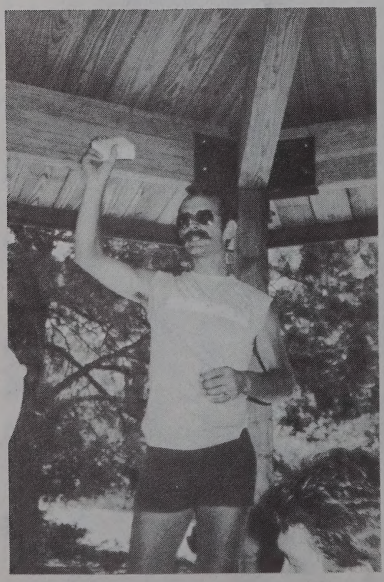
Photo by Roxanne Ellis

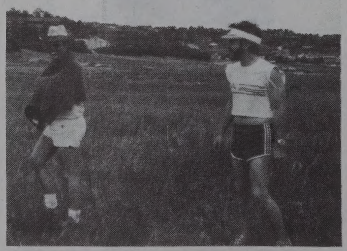


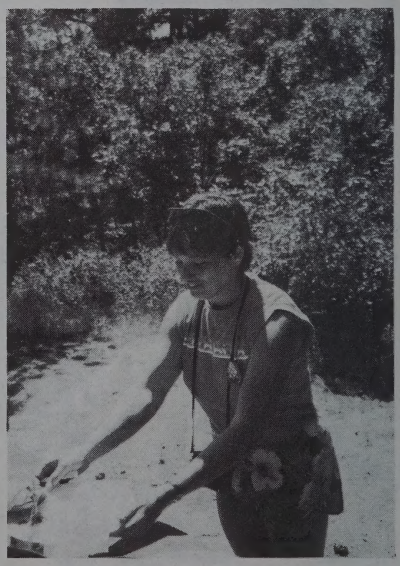


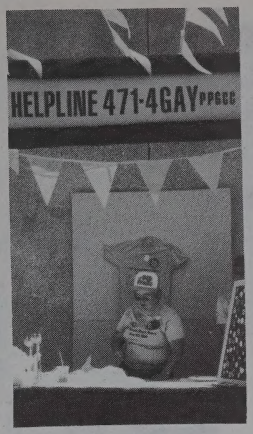


NETWORK PRIDE PICNIC IN THE PARK









"A SMALL GAY WORLD"

BLOCK PARTY

Photo by Suzanne Ellis

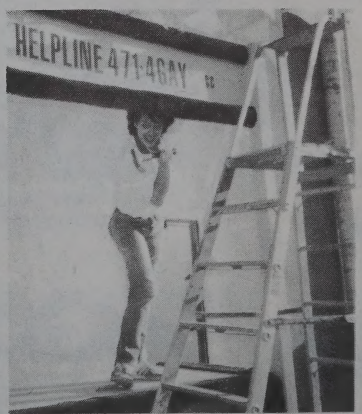
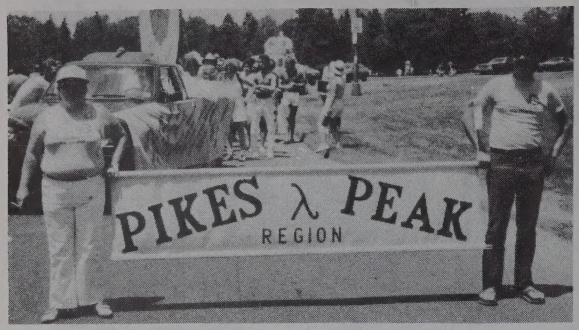


Photo by Dan Ames



DENVER

GAY PRIDE PARADE

CLASSIFIEDS

HELP WANTED

Artists needed for greeting cards and cartoons for info. call Harry at 636-1060.

Gay Helpline Wanted: People to handle phone calls and make referrals to the Gay Community. Requirements: Dependable, able to donate 3-6 hrs/wk and enjoy assisting people with information. For more information call 471-4GAY, Mon thru Fri 6-9 P.M. or Sat 1-5 P.M.

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Men over 35 Not interested in the Bars? Prefer instead mature conversation with like-minded adults? Enjoy the theatre, the symphony occasional backpacking, fishing? Sports? I'm interested in getting together with a group of similar adults for conversation, days out in the country, evenings out on the town, and for mutual friendship and support. Call Bill, 594-6884.

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Community Calendar

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
					July 5 **UFMCC** – General Conference Sacramento Ca. Through the 7th of July.	6 **MMCC** – Worship Service 10:30 am, 1809 DePaul.
7 **PPMCC** – Sunday Worship Service, 5pm. **Denver Gay Mens Chorus** – 6:30 pm., at the Turn of the Century in Denver.	8 **Can We Talk** – 7:30 at the Community Center.	9 	10 **MMCC** – Bible Study 7:00 pm, 1313 Bennett. **PPMCC** – Prayer Group; PPMCC Mid Week Spriitual Support Group, 7pm. **WOMENS GROUP** – 7 pm. call Helpline for info.	11 **PPMCC** – Mid Week Spiritual Support Group, 7pm. **DIGNITY** – Prayer Service, 7pm. Room 8 Sacred Heart Parish Center. Summer activity meeting and social afterward. **Count Me In** – 7:30, call Helpline for info.	12 	13 **PPMCC** – Membership Class, 3–5pm.
14 **MMCC** – Worship Service 10:30 am, 1809 DePaul. Food Sunday! **PPMCC** – Sunday Worship Service, 5pm. **ASPEN GAY COMMUNITY'S** – annual Hunter Creek picnic and campout. For further info. see article.	15 **Network** – 6pm at the Exit's newly remodeled upstairs meeting room. **Can We Talk** – 7:30 at the Community Center.	16 **P.P.G.C.C.** – Board Meeting at the Community Center, 7:30 pm.	17 **PPMCC** – Prayer Lunch, noon. **PPMCC** – Spiritual Support Groups, 7pm. **Jazz Concert** – 7:00 pm, at Acacia Park. **MMCC** – Bible Study 7:00 pm, 1313 Bennett. **Womens Group** – 7 pm, call Helpline for info.	18 **PPMCC** – Mid Week Spiritual Support Group, 7pm. **Dignity** – Dignity Mass: Celebrated by Rev. Ron Raab, 7pm. Room 8, Sacred Heart Parish Center. Dessert social will follow. **Count Me In** – 7:30, call Helpline for info.	19 **PPMCC** – "Concert for Care", 7:30pm.	20 **MMCC** – General Conference Report: Call for Details! **PPMCC** – Seminar "Homosexuality and the Scriptures," 10am. to 5pm. No Charge **Land Shark Concert** – All women rock band. For further info. call 832–7495.
21 **MMCC** – Worship Service 10:30 am, 1809 DePaul. Pot–Luck Sunday. **PPMCC 6TH ANNIVERSARY WORSHIP SERVICE, 5PM.**	22 **Can We Talk** – 7:30, at the Community Center	23 	24 **PPMCC** – Prayer Lunch, noon. **El Paso County Fair** – Begins today and ends on the 28th. **MMCC** – Bible Study 7:00 pm, 1313 Bennett **PPMCC** – Mid Week Support Groups, 7pm. **Womens Group** – 7pm., call Helpline for info.	25 **PPMCC** – Mid Week Support Group, 7pm. PPMCC Congregational Rap, 7pm. **Dignity** – 7pm. Event and place of gathering to be announced at July 11th meeting. **Count Me In** – 7:30, call Helpline for info.	26 	27 **MMCC** – Praise Lunch: 1:00 pm, at the Kings Table on Platte.
28 **MMCC** – Worship Service 10:30 am, 1809 DePaul. **PPMCC** – Worship Service, 5pm. **ICSC** – P.R. Ball starts at 6pm. Falcon Inn, Monument Co. **Dignity** – Dignity table at P.R. Ball	29 **Can We Talk** – 7:30 at the Community Center.	30 	31 **PPMCC** – Prayer Lunch, noon. **Jazz Concert – 7:00 pm, at Bancroft Park.** **MMCC** – Bible Study 7:00 pm, 1313 Bennett. **PPMCC** – Mid Week Support Groups, 7pm.	August 1 **PPMCC** – Mid Week Support Group, 7pm. **Dignity** – Dignity Mass, Celebrated by Rev. Joe Halloran. Room 8, Sacred Heart Parish Center. Potluck dinner will follow. Please remember to bring a dish to share. **Count Me In** – 7:30, call Helpline for info.	2 	3 **Womens Group** – 7 pm., call Helpline for info.
4 **MMCC** – Worship Service 10:30 am, 1809 DePaul. **PPMCC** – Sunday Worship Service, 5pm.	5 **Can We Talk** – 7:30 at the Community Center. **Network** – 6pm., at Henri's, Bellboy–A Gay Hotel Chain in the Works. **National Smile Week Begins!**		**DATES TO REMEMBER** July 24th to 28th – El Paso County Fair August 5th – National Smile Week Begins!			

WOMEN'S HEALTH

Why Calcium?

By Roxanne Ellis

The need never stops.

Women, in particular, require a constant supply of calcium in the diet to replenish the bone loss as they get older.

Surveys have shown far lower than recommended calcium intake. In fact, women over 30 consume only an average of 500 milligrams per day--one half the U.S. Recommended Dietary Allowance (U.S.RDA) of 1000 milligrams per day.

Here are some important facts to know:

Women often begin losing calcium from their bones buy their mid 20s. And they often are unaware of this silent, progressive bone loss.

Osteoporosis--significant loss of bone calcium--affects an estimated 15 million persons in the United States.

Ten percent of women over 50 suffer from bone loss severe enough to cause hip, vertebra, or long-bone fractures. And decreased bone mass contributes to 200,000 hip fractures annually in women over 65.

Most researchers agree that adult women can stop or prevent bone loss by consuming 1200 milligrams of calcium daily. But many women consume little if any dairy food due to concern for calories and/or problems of milk intolerance.

Therefore, calcium supplements, in the form of calcium tablets, to equal 1200 milligrams of calcium daily should be taken. There are many brands on the market today. Most are non-prescription, and inexpensive when weighed against the consequences.

Begin today--osteoporosis can be prevented.

GAY GAY

By Roger Webb, Pastor PPMCC

There has been some confusion of late as to the establishment of more groups representing division or growth in our community. I have in mind the newly formed Maranatha MCC and the new women's group. The point to be made is: DIVERSITY DOES NOT MEAN DISUNITY.

If there be a hallmark of our community, it ought to be our appreciation for people's right to explore differences without penalty. How much of our lifestyle has been harrassed by individuals and groups who need "sameness."

They equate diversity with division, choices with chaos and alternatives with aninimity.

This author likes to joke that God didn't intend the garden of life be filled with one flower. Lord knows a pansy is just as welcome as a tulip. So it can be with us.

For the religionists, there is such a rich heritage of different styles in worship. Rejoice in Maranatha MCC's charisma and Pikes Peaks liturgy.

For the women there is such a strong need to seek one's identity in a women's only environment and surely there is for men also.

For gay men and lesbians who feel uncomfortable in mixed groups, who amongst us would stop it?

One need not feel "personaly" comfortable with all expressions of our community. But one can be personaly committed to all the expressions in our community.

Pikes Peak MCC 6th Anniversary Celebration

FRIDAY, JULY 19th
"CONCERT TO CARE"

7:30pm SPECIAL CONCERT
OF CHRISTIAN MUSIC
"Offering taken to provide
fund for crisis"

Unitarian Church
730 N. Tejon

SATURDAY JULY 20th
10am to 5pm

GOOD NEWS FOR GAYS:
"HOMOSEXUALITY AND THE SCRIPTURES" SEMINAR

Rev. Sylvia Pennington a straight fundamentalist Christian and author of the book, "But Lord They're Gay" will give this gay affirming interpretation of God's Word.

Unitarian Church
730 N. Tejon

SUNDAY JULY 21st, 5pm
6th ANNIVERSARY
worship service

Rev. Sylvia Pennington preaching
Rev. Roger E. Webb celebrant
Special music featuring the gospel group "Heaven Bound" and the PPMCC choir.

Unitarian Church
730 N. Tejon, C. S.

PIKE'S PEAK MCC

GOD LOVES GAYS ALSO!
John 3:16

INSIDE P.P.G.C.C.

By Tim Symons
Vice President - P.P.G.C.C.

Well friends, if you're poised eagerly in front of your TV waiting for "be kind to gay people-they're human also," public service spots, go to bed. Five spots, featuring well-known Hollywood personalities, were purchased by PPGCC last year. KKTV (Ch.11) and KRDO (Ch.13) have both REFUSED to air them. Channel 5 is looking at them now.

Brothers and sisters, please think twice about that United Way donation you are coerced into pledging each year. For an as yet undisclosed reason, PPGCC (and it came as no surprise) was DENIED funding. I am personally satisfied we met all criteria. Please give your donation to the Center where YOU can benefit from them directly in many ways.

My hat's off to the Rev. Roger Webb for catching that valuable fumble and becoming interim Speakers Bureau head. Hard to think of anyone more qualified. Congratulations, Roger!

With expert help by one of my favorite women in our gay community, PPGCC's proposal for funding for Colorado Springs' own AIDS educational project has been resubmitted to the U.S. Confrence of Mayors in Washington. F.A.C.E., Fighting Aids through Community Enlightenment is revamped and streamlined and ready to go . I remain as proposed director and will announce my dynamite staff as soon as funding is approved.

My last month's editorial on lack of unity in our C.S. gay community has at least brought some strong reactions. from SOURCE readers. I am willing to concede that each of our MCC's could have different heavenly purposes, and some good feelings do exist between the two groups. I personally visited "Count Me In" two weeks ago (the group was 16 women and me). I was very impressed with the group members response to me. I felt just like one of the girls and I seem to have been wrong about "Can We Talk", as one member told me a woman was there 3 weeks ago. PPGCC has approved the formation of an all women's group - for privacy, not for the exclusion of men. Is a stag group next, queens?

Speaking of Queens - next months topic is drag: upper or downer?

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WOMEN TO WOMEN

By Gloria Mackie

Dear Friends:

Your help is urgently needed in a lesbian custody battle. This is not only a custody battle, it is a case of peoples rights - in particular, a childs rights. A member of the lesbian community has died recently, leaving behind her lover of 13 years and their 6 year old daughter. After 7 years of partnership both women decided that they wanted to share their love with another life. A child was conceived through artificial insemination and was biologically mothered by the woman now deceased. The child has, since her birth, lived with and been equally raised by the two women.

The child's biological grandparents have now decided that she must not be allowed to continue living with her surviving parent, due to the lesbian "influence" in the household.

They have filed for guardianship of this child, even though they realize this move is in direct opposition to their deceased daughter's own wishes, as well as the expressed desires of the child herself.

Please join in helping us to give justice a chance to work. This child must not be made to suffer the loss of yet another parent.

Initial legal costs are estimated at &10,000 if an appeal is necessary additional funds will be needed. This parent cannot possibly handle these costs herself.

There is optimism in the legal community that this case can be won. According to the 1983 Lesbian Rights Project report "Lesbian Mothers and their Children", (D. Hitchens and A. Thomas, eds.), more and more lesbians are "willing to challenge the prejudices that previously separated lesbians from their children. Legal and mental health professionals have been forced to confront society's stereotypes about lesbians and their ability to be parents." Of the 41 Lesbian custody cases tried up to that time, 18 (40%) of the cases were won by lesbian parents. Together we can make this another case in which, misunderstandings about alternate lifestyles and blatant disregard of childrens rights are overcome and the best interests of the children are served.

Any size donation you can afford would be greatly appreciated.

Checks should be made out to "Defense Fund", and mailed to:

Defense Fund, P.O. Box 6597 Denver, CO 80206.

So far, Colorado Springs has contributed $600.00 to this cause. Many people have donated services as well as money.

If you would like to know more about the case and how you can help, please write the above address or call (303) 333-9133.

Thank You, Sincerely.

TO YOUR HEALTH

Short Cuts To Fitness

By Gloria Latimer

Sometimes in our quest for a healthier body and mind we try to take a short cut to fitness. It usually dosen't take us anywhere and, in certain instances, can result in a trip to the doctor. The following are some common "short cuts" people take that have been proven to be no more than gimics and exercise myths.

One highly advertised item is the rubberized sweat suit. The selling point of this gimic is that a rubberized suit causes your body to sweat and therefore, you lose weight. That much is true. You will sweat a lot because your skin is deprived of air. Consequently, your body heat is trapped and you sweat. Do you lose weight? You may lose from three to five pounds with one of these suits but because it's strictly water (not fat) you'll gain it back as soon as you drink liquids. A rubberized suit can be dangerous because your body temperature rises quickly. You can encounter heat stroke, heat exhaustion, and dehydration as a result. Who needs that?

The idea of steam rooms and saunas used for the purpose of weight reduction doesn't hold water either. The same principles discussed with the rubber suits are evident here. The temperature in a steamroom is usually above 110 degrees Fahrenheit and the humidity very high as well. You may find it relaxing for a few minutes but it will do nothing for your fitness level.

Have you heard of passive exercise? It's sometimes billed as "effortless exercise". This one speaks for itself. Your body will not improve or get stronger unless a demand is placed on it and that requires physical effort. "Effortless exercise"--no such thing.

Then there is body wrapping which also makes claims for quick weight loss. What happens here is that you are measured, then wrapped mummy style in plastic or water soaked cotton magic solution, and then wear a rubberizes sweat suit over that. After this procedure you relax for an hour or so listening to soft music or reading a book. While the relaxation phase of this regime may prove beneficial, the wrapping procedure does nothing to aid weight reduction. If the wrapping is too tight it can be hazardous to you because it restricts blood circulation.

At this point in time, exercise physiologists and researchers haven't found any of the short cuts to fitness discussed here to be valid methods of weight reduction. Be aware of exercise gimics and know the dangers. That's your best short cut.

There are other weight reduction gimics on the market today. Check each advertisement out thoroughly and ask for a demonstration before you buy. Question the salesperson about how it works and its safety. If you're not convinced of their knodledge then don't buy it.

For more information on this or other topics please call or write Gloria Latimer, Health Educator, El Paso County Health Department, 501 N. Foote Avenue, Colorado Springs, CO 80909-4598 or call 578-3108.

COMMUNITY CORNER

The Editor

Because of how busy all the groups and organizations were this month, nobody had the time to write for the community corner section of the paper. Once again we would like to let all of the groups know that you are all welcome to submit an article. Just send it to the SOURCE P.O. Box 212, 3624 Citadel Dr. N., Colo. Spgs. Co. 80910

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GERMS OF ENDEARMENT

A Brief Biography of Sexually Transmitted Disease (And Self-Defense Course)

By John Potterat

Part V. Gay Bowel Syndrome

Public health workers increasingly view gay communities as tropical islands. The presence of exotic parasitic diseases in gay men is responsible for that peculiar view. The names of the parasites (entamoeba histolytica, cryptosporidium, campylobacter jejuni, shigella, giardia, and salmonella) are as annoying as the infections they cause. The parasites set up housekeeping in the gut and trigger the disturbances generically referred to as "Gay Bowel Syndrome".

Gut infections were once the exclusive domain of travellers to exotic places, or of domestic areas experiencing a breakdown in sanitation. You know them by their popular names: the "runs", "Montezuma's Revenge", the "Toltec Two Step". The bugs are normally transferred to water or food by contaminated feces. In gay men, however, they are usually the consequence of specific sexual acts: rimming and mouth-penis contact after rectal intercourse. Feces is not a good seasoning for sexual food. Rim and bear it.

Gut diseases in gay men have grown explosively (like the diarrhea they cause!) since the late 1960s, fueled by the increaings popularity of rimming. About a quarter to half of gay men may be infected. Most are unaware of it and act as carriers for a time. They eventually cure themselves, thanks to the immune system. Those who have symptoms can have bloody or watery diarrhea, cramps, gas (not Texaco), bloating, vomiting, chills or fever. Alternating periods of feeling sick and feeling well are not uncommon.

Most doctors are ill-trained in tropical medicine and, worse, tests are not very accurate. A good history is important:since doctors don't find what they're not looking for, tell them you're gay. They'll know what to look for. Treatment is with antibiotics, especially important for the non-symptomatic carrier and for foodhandlers. About ten percent of gay men with gut diseases are professional foodhandlers. Ah, the virtues of soap and water!

Support Your Local Tropical Disease: Eat SH __ __

Next Vignette: AIDS

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The Hide and Seek – Bar, 512 W. Colorado Ave., C.S., 634–9303.

The Mad Planter – Plants, 1805 De Paul, C.S., 633–8896.

Mail Boxes Etc. USA – P.O. Boxes, 3624 Citadel Dr. N., C.S., 570–1333.

North Crow Vacation Ranch – Resort, RR 1, Box 62A, Ronan, Montana, (406) 676–5169.

Felix "Cab" Shepard – Car Sales, (Daniels Motors) 105 N. Weber, C.S., 632–5591.

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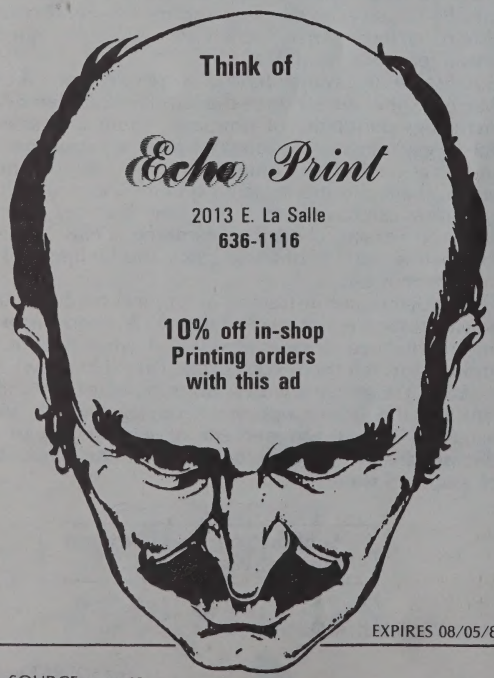

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Coming Out - Again

By Michelle Abdill

Most (if not all) of us are all too aware of the stress and anxiety inherent in "coming out" to family and friends. A few weeks ago I went through a new "self-disclosure" experience...coming out to a room full of strangers.

I participated in a panel discussion for a Human Sexuality Class at U.C.C.S. with three other members of our community. This was my first time as participant on a panel discussing being gay. I had never seen or heard an open discussion like this befor.

With family and friends we have some notion of how they will respond and what questions they will ask. We may not be accurate but at least we do have a base of familiarity to work from. Strangers are just that--strange, and who knows how they will react.

Before the day of the class I found myself doing alot of processing with myself. I think that I "came out" to myself more fully than ever before. By that I mean I forced myself to look at who I am as an individual, within my primary relationship and within the community as a whole.

I felt the need to put vague feelings and concepts into more concrete form because... who knew what THEY were going to ask! Just as importantly I needed to know what I felt comfortable with, what was appropriate for me to discuss with these people and what was none of their business.

When the big day came I was nervous but ready (I hoped). As it turned out, I was very glad I had taken the time to look within myself. The discussion was excellent and the class interested. For the most part they were open to listening to us.

Many of the class members had gay family and friends. They shared with us their feelings and concerns.

From my perspective it was a positive experience for all of us. Personally I feel even more comfortable with myself and who I am. The members of the class had the opportunity to see and hear us as we are...real, everyday human beings.

Reverand Roger Webb has just been named the Speakers Bureau coordinator for the Pikes Peak Community Center so if you know of any groups interested in hearing from the gay community, let Roger know.

BLOCK PARTY OBSERVATION

We have buttons that say "How dare you presume I'm straight!"...I found myself presuming that everyone I didn't know at the Block Party was gay. Being a part of the Majority was a great feeling!

COMMUNITY SPOTLIGHT

On Not Being a Couple

By M.L. Bean

There seems to be a catechism prevailing in certain activities such as dining out, traveling, winning contests, parties and so forth. For most of these events, only couples need apply.

For example, my ears cringe in a restaurant when I hear "Breakfast for one this morning?" "Are you alone?" "Is anyone going to be joining you?" or "Just one?" Most of these tacky inquiries suggest that not only are you going to eat alone that day...but every meal thereafter, for reasons obvious to both hostess and waitress.

Another situation a single must endure is flying without the benefit of an empathetic seatmate. This empathy extends way beyond mere conversation. Nothing like a few nose noises to settle one into mellowness. Or imagine my consternation when my neighbor declines her complimentary bottle of wine without even a quick look at me. If the traveler next to you isn't into revealing a life story, he's probabley dozing, leaning precariously into your space. This is why airlines offer magazines, though often clipped. Another possible defense is a large, hardbound book, with lots of pages. Avoid note pads or pictures, they invite overt glances and comments.

"Win a trip for two to Las Vegas." "Enjoy a weekend for two at beautiful, downtown..." "Buy one full course meal and get the second one free!" "Win a backyard BBQ for yourself and 35 friends." (!) "We're giving away two tickets for...call now." "Summer Estates wants you and your spouse to enjoy a free weekend retreat." Enough said.

Even after these societal impositions, there are those well-meaning individuals who couple everyone. Entire conversations revolve around who's seeing whom, what they're doing, where, why, how... Often they will throw a party so everyone may observe first hand the various couples and their degree of togetherness. Most people think in terms of 2,4,6,8 versus 3,5,7,9.

So where and how can a single breathe contentedly without sympathetic or even openly questioning looks? Movies are great--the subject matter is far more interesting than speculation on its spectators, and it's dark. Avoid weekend nights. Prices are better for matinees and singles and seniors are more comfortable in the afternoon. The same is true for plays and concerts; there is usually a good seat left for one during afternoon shows. Individual sports: running, walking, cycling are healthful and satisfying. Group sports must be observed, and it's okay to do it alone. One dosen't need a crowd in front of the television.

Circumstances can vary, with factors such as weather and finances helping determine a single's courage and participation in group activities. But despite society's blessing of the couple (families are a whole other topic), here is a truth: sometimes being alone is far superior to forced conversation with dull minds in a mediocre setting (supply appropriate adjectives.) One-self may be the best company, espically if one is a gourmet cook and lover of fine wine and accompanying music. And there are more enjoyable and informative and stimulating books and articles available than can ever be read. Even television sometimes presents a program of note. While there will always be an imbalance, I would urge an awareness of the single's surroundings and an understanding of why sometimes invitations are rejected, even if the event promised is not dull or mediocre (supply appropriat adjectives.)

HOT SUMMER NIGHT...TREAT

If you have a favorite recipe that you would like to share with our readers just drop us a line. Please include your name and address and a brief biography of the recipe.

Vanilla Ice Cream deep-fried

1 pint vanilla or other flavor ice cream
1/2 cup crushed cornflake or cookie crumbs
1 teaspoon cinnamon
2 teaspoons sugar
1 egg
Oil for deep frying
Honey
Whipped cream

Scoop out 4 or 5 balls of icecream. Return to freezer. Mix cornflake crumbs, cinnamon and sugar. Roll frozen ice cream balls in half the crumb mixture and freeze again. Beat egg and dip coated balls in egg, then roll again in remaining crumbs. Freeze until ready to use. (For thicker coating, repeat dipping in egg and rolling in crumbs.) When ready to serve, heat oil to about 335 degrees. Place a frozen ice cream ball in fryer basket or on a perforated spoon and lower into hot oil 1 minute. Immediately remove and place in dessert compote. Drizzle with honey and top with a dollop of whipped cream. Continue to fry balls one at at time. Balls will be crunchy on the outside and just beginning to melt inside. Serves 4 to 5.

COMMUNITY GROUPS AND SERVICES

The following is a list of all of the groups that presently meet on a regular basis in the Colorado Springs area.

"CAN WE TALK" - Mondays at 7:00 p.m. open to everyone

"COUNT ME IN" - Thursdays between 7:30 and 9:00 p.m. open to everyone 30 and over.

DIGNITY (Catholic support group) - Thursday evenings at 7 p.m. call 593-9606 for further information.

GAY ALCOHOLICS ANONYMOUS - Monday, Wednesday and Friday at 8:00 p.m. In the church basement at 730 N. Tejon.

GAY HELPLINE - 471-4GAY volunteers work the phones Monday thru Friday 6:00 to 9:00 p.m., Saturday from 1:00 to 5:00 p.m.

IMPERIAL COURT OF SOUTHERN COLORADO - For information call 471-7468

INSIGHTS - 7:30 p.m. every other Tuesday discussion group open to everyone.

MARANATHA MCC - Meets Sundays at 10:30 am. at the Community Center.

NETWORK - 1st and 3rd Mondays of the month, 6:00 to 9:00 P.M., Henri's Restaurant, 2427 W. Colorado Ave.

PIKES PEAK MCC - Sunday Service 5:00 pm. at 7:30 N. Tejon.

SEXUALLY TRANSMITTED DISEASE CLINIC - 510 N. Foote Avenue, minors examined without parents consent, information confidential, nominal fee. Call 636-0147

SPEAKERS BUREAU - Call Helpline for information.

WOMEN ONLY - Wednesday, 7:30 to 9:00 PM. Call the Helpline for information.

For further information regarding the groups above, call 471-4GAY.

BACK BY POPULAR DEMAND

"LIVE IN CONCERT"

AUGUST 10th, 1985

2 BIG SHOWS

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1807 De Paul • Colorado Springs
632-7251

10:00 PM

THE HIDE & SEEK COMPLEX
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PRE-SALE TICKETS ARE 10^{00} ONE SHOW, OR 15^{00} FOR BOTH SHOWS
(LIMITED TO 500 PERSONS)

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